

GROUP EXERCISE SCHEDULE

SUMMER 2024 | MAY 13 - MAY 31

Next update published by May 31st.

Monday

Gentle Flow
5pm - 6pm

Tuesday

Indoor Cycling
12:00pm - 12:45pm

Thursday

Indoor Cycling
12:00pm - 12:45pm



CLASS DESCRIPTIONS

Indoor Cycling

An exhilarating cycling class that's more than just a workout - it's an energy-packed experience! A high-energy ride that combines the thrill of cycling with an infectious atmosphere. Elevate your workout, elevate your mood - join us and let the rhythm of the ride take you to new heights!

Gentle Flow

Come in to get away, take a break, find refuge from daily stress. This basic-level class runs at a slow pace designed to allow you to feel your body within each pose, to build strength, and to stretch for increasing flexibility. Class will begin with a guided breathing technique, move slowly through a gentle sequence, and finish with supported restorative poses. Come in to restore your body and mind, and leave feeling de-stressed, calm, and refreshed.

BECOME A GROUP EXERCISE INSTRUCTOR

We are recruiting future group exercise instructors!
Assistance may be available with obtaining certifications.
Visit uakron.edu/rec/fitness for more information.

